

Mayo Clinic Minute: How to have a productive visit with your health care professional

	<p>When it comes to making the most of your visit to your health care professional's office, details about your health are critical.</p> <p>Dr. Ashley Pena, a Mayo Clinic neurologist, says consider bringing a friend or family member to your appointment.</p>
<p>ASHLEY PENA, M.D. NEUROLOGY Mayo Clinic</p>	<p>"They may be able to provide insights that are very helpful to your doctor."</p>
	<p>Make a timeline of important events. When did a symptom first appear? Have you taken any medications? If so, how did your body respond?</p> <p>Dr. Pena says your visit should not be the first time your care team hears about certain topics.</p> <p>Do not wait to describe new developments in your condition or ask questions about medications.</p>
	<p>"Those questions are best answered by writing your doctor over an electronic medical record portal if your doctor has one, or by calling into their care team."</p>
	<p>When communicating, another tip is to use plain language.</p>
	<p>"It's best to talk to your doctor just like you're talking to a family member or a friend. Don't feel like you need to use medical terminology or understand medical terminology to make it through your visit."</p>
	<p>For the Mayo Clinic News Network, I'm Alex Osiadacz.</p>